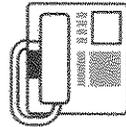




SAFETY PLAN

A. SAFETY DURING A VIOLENT INCIDENT

1. Make an extra copy of the house/car keys and keep them in a secret place, preferably outside your home.
2. Tell _____ about the violence and request they call the police if they hear suspicious noises.
3. Teach your children how to call the police.
4. Teach your children to be safe by developing their own plan, i.e. stay in their bedroom during arguments, leave the house and go to a neighbors/friends, call 911 and/or tell a relative.
5. Develop a code word with your children and friends so they can call for help.
6. During an argument, try to avoid rooms with no outside door or those containing potential weapons.
7. Call the police (911) and if possible, get an automatic dial phone.
8. If you have to leave, identify where you can go.



B. SAFETY WHEN PREPARING TO LEAVE

1. Save a little money each week and put it in a place only you know about.
2. Open your own savings account to increase independence.
* Make sure bank statements are mailed somewhere else.*
3. Identify the domestic violence shelter closest to your house and have the phone number close at hand.
4. Arrange for a place to stay, anytime of the day or night.
5. Locate the closest telephone to your house. If it is a pay phone, always have change available in the house or hidden outside.
6. Pack some clothes for you and your children, and place them in a safe place (with friends, family or at work).

7. Organize your important papers together (or make copies), an extra set of keys, extra medicines and put them in a place you can easily get to.
8. Rehearse your escape plan and, if appropriate, practice it with your children.

C. SAFETY WITH A PROTECTIVE ORDER

1. Keep your protective order on you at all times and give a copy to a trusted neighbor or family member.
2. Call the police once the protective order is violated.
3. Think of alternative ways to keep safe.
4. Inform family, friends, neighbors and others that you have a protective order in effect.
5. Remember that protective orders don't guarantee safety.



D. SAFETY ON THE JOB AND IN PUBLIC

1. Decide who at work you will inform of your situation, including office or building security. Provide a picture of your abuser.
2. Arrange to have an answering machine, caller ID, or a trusted friend or relative screen your calls if possible.
3. Devise a safety plan for when you leave work. Have someone escort you to your car or bus and wait until you leave.

CONGRATULATIONS!

You have taken steps to increase your safety and options.

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